



## MOVING IN INDIAN COUNTRY IS...

**FUN** — Instead of riding in the car consider biking or hiking to your destination. Be adventurous on a playground or in a local park!

**FAMILY FRIENDLY** — Getting exercise can be a family activity. A trip to the beach, mountains, local park, or playground can be fun for the whole family. And be sure to bring your friends along too!

**TRADITIONAL** — Get moving to take part in traditional physical activities such as dance, lacrosse, hunting, and fishing. Learn about traditional foods by planting a garden (this counts as physical activity too)!

**HEALTHY** — It's true that American Indians and Alaskan Native people are most at risk for diabetes and other diseases related to obesity. Stay healthy by getting active. People who regularly participate in physical activity are:

- Less likely to become obese or develop related conditions, such as diabetes, high blood pressure, or reduced sleep quality.
- Youth are more likely to lead active, healthy lifestyles as adults.
- Less anxious and have a better overall well-being.
- More alert in school and less likely to suffer from depression.

## ...SO GET GOING!

**WHAT TO DO** — There are dozens of ways to get moving. Here are just a few:

- Walk, jog, or run indoors or outdoors.
- Bike along a path in the woods.
- Swim in a pool, lake, or at the beach.
- Play!...Sports like football, basketball, lacrosse, archery, and baseball, or games such as tag, hide-and-seek, or kickball.
- Experiment!...with activities like canoeing and kayaking.
- And remember that gym class counts too!

**SIGN UP!** — Joining the *Let's Move! in Indian Country* Challenge is easy:

- **Online** - Select activities, enter times, track your progress, and receive encouragement! Just follow the steps below:
  - To register go to: [www.presidentschallenge.org/lmic](http://www.presidentschallenge.org/lmic)
  - Select "Create an Account" and follow the steps to register and select PALA as your challenge.
  - Throughout the 8 week challenge return to this page to login and track your daily activity!
  - If you would like to create a group for your school, club, community, etc., you should:
    - Select "Start a Group" and follow the steps to register.
    - After your group is created send your group ID to [letsmoveinindiancountry@doi.gov](mailto:letsmoveinindiancountry@doi.gov) and get your participants counted as part of *Let's Move! in Indian Country*.
- **Activity Log** - Use a paper-based activity log (see reverse). When completed you must visit [www.millionpalachallenge.org](http://www.millionpalachallenge.org) to report your completion. Be sure to include **97158** as the group ID to be counted as part of *Let's Move! in Indian Country*!

**IT'S EASY** — Just 60min for youth (6-18) or 30min for adults (over 18) 5 days a week for 6 weeks. **Whether on or off-line, you'll receive special recognition for answering the Challenge!**

## The *Let's Move! in Indian Country* Presidential Active Lifestyle Award





## The Presidential Active Lifestyle Award Activity Log

Participant Name \_\_\_\_\_ Date Started \_\_\_\_\_

Group ID **97158** Organization \_\_\_\_\_ Date Completed \_\_\_\_\_

Week 1	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

### Instructions

Use this activity log to track your progress. When you're finished visit [www.millionpalachallenge.org](http://www.millionpalachallenge.org) to report your completion and receive special recognition. Don't forget to include the Let's Move! in Indian Country Group ID (97158). It's the easiest way to be counted and get recognized!

